

## First Aid Scenario #2

### 1) River Crossing

Situation: You are crossing the last stream for the second day of your three day backpacking trip. All you have available to you is what is in your packs. Your campsite is another 2 miles up the trail, but there is a wide, grassy area where you are crossing. It is late in the evening, the weather has been unseasonably cool and it is rather windy. It is cloudy and it may rain, although you don't have service on any devices where you are to check that.

You are conducting a wet crossing in a very shallow area. Everybody has removed their boots and loosened their pack straps. As you reach the other side you hear a shout behind you and a large splash, one of your Scouts was trying to rock hop and ended up falling in the water, he is soaked to the bone but was able to stand up. His pack has gone downstream about 100 yards and is accessible from the shore you have gotten to. All other Scouts have successfully made it across the river. After getting the Scout safely to the shore he complains of a hurt left ankle

There is a Forest Service Road and large clearing available about 4 miles away on a different trail than your assigned campsite, it is on a hill and SHOULD have cell service.

Determine your next actions.

Do you continue to the assigned camping area?

What is your immediate concern?

Is this a Stay or a Go situation? If you go, is it a Fast or Slow situation?

What planning do you need to do if the situation changes (stay or go)?

Evaluator's Notes:

Read the above, this is all the information they have, do not guide them to an answer.

Regardless of if they stay or go they need to treat for hypothermia and shock. If they choose to continue on instruct the injured person to begin shivering and shivering.

They should stop and set up camp.

They should start hot beverages for everybody.

The immediate concern is hypothermia, treat for that first. Dry, warm, in a bag or 2, out of the wind. Get warm, sugary drinks into the person, avoid caffeine.

They should plan a route to the Forest Service Road. They should plan to stay the night, maintaining a watch on the Scout to ensure he is warm and dry all night.

They should wait until morning to worry about the ankle. If they remember the ankle the Scout will say it is fine, just a little tender and he can walk on it at a slower pace. It should be taped or wrapped and they can go.

If they forgot the ankle the Scout will complain that it hurts a lot and upon examination they will see a lot of bruising and swelling. They will need to treat for a broken/sprained ankle.

Stay or Go will depend on the condition of the ankle. If they can continue, great. If they need to cut the trip short and go to the extraction they will need to figure out how to transport the injured Scout and will need to physically get him all the way to the Troop Trailer for extraction.

Finally, remember that they actually NEED to use materials to do this. They need to make hot drinks. They need to set up tents. They need to have the Scout change clothes. They need use materials out of their first aid kits as needed.